

**San Juan Unified School District**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

Page 1

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/01/2017												
9-12 LAUREL RUFF BREA	Total											
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	0	340	3.00	2.70	80.0	6.0	39.0	7.0	2.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average		459	7	492	4.67	9.75	418.3	15.03	89.20	4.92	1.30	0.00
% of Calories								13.1%	77.8%	9.6%	2.6%	0.0%
Nutrient Guideline												

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/02/2017												
9-12 LAUREL RUFF BREA	Total											
PANCAKES, CINNAMON (THE MAX)	SVG (4 PAN CAKE)	440	20	520	4.00	2.88	200.0	8.0	70.0	14.0	3.00	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
APPLE SLICES, CANNED	1/2 CUP	50	0	10	2.00	0.00	0.0	0.0	12.0	0.0	0.00	0.00
Weighted Daily Average		554	17	587	6.17	9.84	478.3	16.03	102.70	8.42	1.80	0.00
% of Calories								11.6%	74.2%	13.7%	2.9%	0.0%
Nutrient Guideline												

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/03/2017												
9-12 LAUREL RUFF BREA	Total											
WAFFLES, MINI MAPLE (EGGO)	1 POUCH	200	0	220	4.00	2.70	100.0	4.0	35.0	5.0	1.50	0.00
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	20	240	0.00	0.36	0.0	6.0	1.0	4.5	1.50	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT CKTAIL, CND, EXTRA LT SYRP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	15.0	0.0	0.00	0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		569	27	672	5.17	10.11	428.3	20.03	102.70	8.42	2.55	0.00
% of Calories								14.1%	72.2%	13.3%	4.0%	0.0%
Nutrient Guideline												

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/04/2017												
9-12 LAUREL RUFF BREA	Total											
PANCAKE SAUSAGE ROLL UP* (2)	2 EACH	352	54	926	3.20	2.20	34.0	17.4	43.6	11.8	3.20	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL, HONEY SCOOTERS	1 BOWL (2 OZ)	220	0	390	4.00	16.20	150.0	5.0	45.0	2.5	0.00	0.00
CEREAL VARIETY-PICK 1	1 BOWL (2 OZ)	210	0	190	4.50	17.10	100.0	4.5	46.5	1.5	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		576	34	801	5.82	9.66	415.8	21.67	106.23	7.66	1.94	*0.00
% of Calories								15.0%	73.8%	12.0%	3.0%	*0.0%
Nutrient Guideline												

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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May 1, 2017 thru Jun 8, 2017

## Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

### Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/05/2017												
9-12 LAUREL RUFF BREA	Total											
YOGURT PARFAIT, LR	1 SERVING	216	8	114	1.00	0.72	200.0	7.6	38.4	2.7	0.60	0.00
LR MANAGERS CHOICE BKFST	PORTIONS	263	63	393	2.52	1.89	135.0	9.67	36.36	8.66	2.51	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
Weighted Daily Average		461	25	451	4.19	*9.10	*462.1	16.35	88.68	4.26	1.08	0.00
% of Calories								14.2%	77.0%	8.3%	2.1%	0.0%
Nutrient Guideline												

Mon - 05/08/2017												
9-12 LAUREL RUFF BREA	Total											
BREAKFAST PIZZA (TONY'S)	1 EACH	210	15	480	2.00	1.80	100.0	9.0	26.0	7.0	2.00	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	15.0	0.0	0.00	0.00
Weighted Daily Average		449	15	562	4.17	9.30	428.3	16.53	83.70	4.92	1.30	0.00
% of Calories								14.7%	74.6%	9.9%	2.6%	0.0%
Nutrient Guideline												

Tue - 05/09/2017												
9-12 LAUREL RUFF BREA	Total											
BFST HAM EGG CHS SANDWICH	1 SANDWIC	283	261	567	3.00	2.39	158.7	18.47	28.16	11.01	4.05	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00

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Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

Page 4

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		485	137	606	4.67	9.59	457.7	21.27	83.78	6.92	2.33	0.00
% of Calories								17.5%	69.1%	12.8%	4.3%	0.0%
Nutrient Guideline												

Wed - 05/10/2017												
9-12 LAUREL RUFF BREA	Total											
CORN STAR & YOGURT, LR	1 STR & 1 Y GRT	274	19	180	1.50	1.10	195.0	8.4	44.4	6.2	1.50	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
APPLESAUCE,CND,UNSWTND,WO/S ALT	1/2 CUP	51	0	2	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
Weighted Daily Average		472	17	409	3.92	8.95	475.8	16.23	91.90	4.52	1.05	0.00
% of Calories								13.8%	77.9%	8.6%	2.0%	0.0%
Nutrient Guideline												

Thu - 05/11/2017												
9-12 LAUREL RUFF BREA	Total											
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	30	120	3.20	1.05	6.0	3.85	39.25	6.0	0.90	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		457	22	381	5.86	9.16	397.6	14.85	90.68	4.68	0.79	*0.00
% of Calories								13.0%	79.3%	9.2%	1.5%	*0.0%
Nutrient Guideline												

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**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

Page 5

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/12/2017												
9-12 LAUREL RUFF BREA	Total											
BISCUIT (PILLSBURY)	1 EACH	220	0	490	2.00	1.08	100.0	5.0	28.0	10.0	5.00	0.00
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	20	240	0.00	0.36	0.0	6.0	1.0	4.5	1.50	0.00
LR MANAGERS CHOICE BKFST	PORTIONS	263	63	393	2.52	1.89	135.0	9.67	36.36	8.66	2.51	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
STRAWBERRY JAM PACKET (HEINZ)	1 PACKET	35	0	0	0.00	0.00	0.0	0.0	9.0	0.0	0.00	0.00
Weighted Daily Average		541	43	785	4.44	*9.55	*437.1	21.70	89.33	10.58	3.68	0.00
% of Calories								16.1%	66.1%	17.6%	6.1%	0.0%
Nutrient Guideline												

Mon - 05/15/2017												
9-12 LAUREL RUFF BREA	Total											
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	0	340	3.00	2.70	80.0	6.0	39.0	7.0	2.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
PINEAPPLE TIDBITS,CND,JUICE	1/2 CUP	60	0	10	1.00	0.36	0.0	0.0	15.0	0.0	0.00	0.00
Weighted Daily Average		459	7	497	4.67	10.11	418.3	15.03	90.20	4.92	1.30	0.00
% of Calories								13.1%	78.7%	9.6%	2.6%	0.0%
Nutrient Guideline												

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Portion Values - Detailed

Page 6

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 05/16/2017												
9-12 LAUREL RUFF BREA	Total											
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CRUMB SQUARE (DAVE'S BAKING)	1 EACH	176	20	134	2.20	0.90	10.0	2.1	29.0	5.6	0.75	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT CKTAIL, CND, EXTRA LT SYRUP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	15.0	0.0	0.00	0.00
Weighted Daily Average		432	17	389	4.27	8.85	383.3	13.08	85.20	4.22	0.67	0.00
% of Calories								12.1%	78.9%	8.8%	1.4%	0.0%
Nutrient Guideline												

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/17/2017												
9-12 LAUREL RUFF BREA	Total											
FRENCH TOAST STICKS, (5) LR	SVG (5 STI CKS)	337	0	350	3.75	2.50	293.8	7.5	43.75	15.0	2.50	0.00
TURKEY BACON (JENNIE O)	SVG (2 SLIC)	40	10	190	0.00	0.00	0.0	4.0	0.0	2.0	0.00	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		608	17	686	6.13	9.89	541.5	20.68	106.43	11.18	1.59	*0.00
% of Calories								13.6%	70.0%	16.5%	2.3%	*0.0%
Nutrient Guideline												

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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# San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

Page 7

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/18/2017												
9-12 LAUREL RUFF BREA PANCAKES, CINNAMON (THE MAX)	Total SVG (4 PAN CAKE)	440	20	520	4.00	2.88	200.0	8.0	70.0	14.0	3.00	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
APPLESAUCE,CND,UNSWTND,WO/S ALT	1/2 CUP	51	0	2	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		610	17	579	5.17	9.84	478.3	16.03	118.20	8.42	1.80	0.00
% of Calories								10.5%	77.5%	12.4%	2.7%	0.0%
Nutrient Guideline												

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/19/2017												
9-12 LAUREL RUFF BREA LR MANAGERS CHOICE BKFST	Total PORTIONS	263	63	393	2.52	1.89	135.0	9.67	36.36	8.66	2.51	0.00
CREAM CHEESE PACKET (KRAFT)	2 PACKETS	140	40	230	0.00	0.00	80.0	2.0	2.0	14.0	8.00	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BAGEL VARIETY (TONY ROBERTS)	1 BAGEL	310	0	317	3.00	2.40	17.5	11.5	63.0	1.25	0.25	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
Weighted Daily Average		519	33	559	4.69	*9.52	*436.5	17.83	95.33	7.39	2.99	0.00
% of Calories								13.7%	73.4%	12.8%	5.2%	0.0%
Nutrient Guideline												

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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**San Juan Unified School District**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

Page 8

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calc (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Mon - 05/22/2017												
9-12 LAUREL RUFF BREA CORN STAR & STRING CHEESE,LR	Total STAR & 2 S T CHS	268	31	511	1.50	1.10	495.0	18.8	25.0	10.0	4.90	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT CKTAIL,CND,EXTRA LT SYRP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	15.0	0.0	0.00	0.00
Weighted Daily Average		478	23	578	3.92	8.95	625.8	21.43	83.20	6.42	2.75	0.00
% of Calories								17.9%	69.7%	12.1%	5.2%	0.0%
Nutrient Guideline												

Tue - 05/23/2017												
9-12 LAUREL RUFF BREA YOGURT PARFAIT, LR	Total 1 SERVING	216	8	114	1.00	0.72	200.0	7.6	38.4	2.7	0.60	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
PEARS,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	0	5	2.00	0.00	0.0	0.0	16.0	0.0	0.00	0.00
Weighted Daily Average		452	11	379	4.67	8.76	478.3	15.83	90.90	2.77	0.60	0.00
% of Calories								14.0%	80.5%	5.5%	1.2%	0.0%
Nutrient Guideline												

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**San Juan Unified School District**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

Page 9

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/24/2017												
9-12 LAUREL RUFF BREA	Total											
WAFFLES, MINI MAPLE (EGGO)	1 POUCH	200	0	220	4.00	2.70	100.0	4.0	35.0	5.0	1.50	0.00
BEEF SAUSAGE PATTY (ADVANCE P)	1 EACH	70	20	240	0.00	0.36	0.0	6.0	1.0	4.5	1.50	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
APPLESAUCE,CND,UNSWTND,WO/S ALT	1/2 CUP	51	0	2	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		560	27	669	5.17	10.11	428.3	20.03	101.70	8.42	2.55	0.00
% of Calories								14.3%	72.7%	13.5%	4.1%	0.0%
Nutrient Guideline												

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 05/25/2017												
9-12 LAUREL RUFF BREA	Total											
PANCAKE SAUSAGE ROLL UP* (2)	2 EACH	352	54	926	3.20	2.20	34.0	17.4	43.6	11.8	3.20	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL, HONEY SCOOTERS	1 BOWL (2 OZ)	220	0	390	4.00	16.20	150.0	5.0	45.0	2.5	0.00	0.00
CEREAL VARIETY-PICK 1	1 BOWL (2 OZ)	210	0	190	4.50	17.10	100.0	4.5	46.5	1.5	0.00	0.00
PEACHES,CND,EXTRA LIGHT SYRUP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		575	34	802	4.73	9.42	399.5	20.77	104.87	7.40	1.90	0.00
% of Calories								14.4%	72.9%	11.6%	3.0%	0.0%
Nutrient Guideline												

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# San Juan Unified School District

May 1, 2017 thru Jun 8, 2017

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

Page 10

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 05/26/2017												
9-12 LAUREL RUFF BREA	Total											
BREAKFAST PIZZA (TONY'S)	1 EACH	210	15	480	2.00	1.80	100.0	9.0	26.0	7.0	2.00	0.00
LR MANAGERS CHOICE BKFST	PORTIONS	263	63	393	2.52	1.89	135.0	9.67	36.36	8.66	2.51	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		463	27	539	5.39	9.56	453.4	17.60	86.65	5.59	1.46	*0.00
% of Calories								15.2%	74.9%	10.9%	2.8%	*0.0%
Nutrient Guideline												

Tue - 05/30/2017												
9-12 LAUREL RUFF BREA	Total											
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	0	340	3.00	2.70	80.0	6.0	39.0	7.0	2.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT CKTAIL, CND, EXTRA LT SYRP	1/2 CUP	60	0	5	1.00	0.00	0.0	0.0	15.0	0.0	0.00	0.00
Weighted Daily Average		459	7	492	4.67	9.75	418.3	15.03	90.20	4.92	1.30	0.00
% of Calories								13.1%	78.7%	9.6%	2.6%	0.0%
Nutrient Guideline												

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<sup>1</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

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**San Juan Unified School District**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Wed - 05/31/2017												
9-12 LAUREL RUFF BREA CORN STAR & STRING CHEESE,LR	Total STAR & 2 S T CHS	268	31	511	1.50	1.10	495.0	18.8	25.0	10.0	4.90	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU)	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		478	23	577	5.01	9.19	642.1	22.33	83.56	6.68	2.79	*0.00
% of Calories								18.7%	69.9%	12.6%	5.2%	*0.0%
Nutrient Guideline												

Thu - 06/01/2017												
9-12 LAUREL RUFF BREA PANCAKES, CINNAMON (THE MAX)	Total SVG (4 PAN CAKE)	440	20	520	4.00	2.88	200.0	8.0	70.0	14.0	3.00	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
APPLESAUCE,CND,UNSWTND,WO/S ALT	1/2 CUP	51	0	2	1.00	0.00	0.0	0.0	14.0	0.0	0.00	0.00
MAPLE SYRUP CUP, 1.5 FL OZ	SVG (1.5 FL OZ)	110	0	0	0.00	0.00	0.0	0.0	27.0	0.0	0.00	0.00
Weighted Daily Average		665	17	579	5.17	9.84	478.3	16.03	131.70	8.42	1.80	0.00
% of Calories								9.6%	79.3%	11.4%	2.4%	0.0%
Nutrient Guideline												

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**San Juan Unified School District**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Fri - 06/02/2017												
9-12 LAUREL RUFF BREA	Total											
LR MANAGERS CHOICE BKFST	PORTIONS	263	63	393	2.52	1.89	135.0	9.67	36.36	8.66	2.51	0.00
CREAM CHEESE PACKET (KRAFT)	2 PACKETS	140	40	230	0.00	0.00	80.0	2.0	2.0	14.0	8.00	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BAGEL VARIETY (TONY ROBERTS)	1 BAGEL	310	0	317	3.00	2.40	17.5	11.5	63.0	1.25	0.25	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
Weighted Daily Average		519	33	559	4.69	*9.52	*436.5	17.83	95.33	7.39	2.99	0.00
% of Calories								13.7%	73.4%	12.8%	5.2%	0.0%
Nutrient Guideline												

Mon - 06/05/2017												
9-12 LAUREL RUFF BREA	Total											
LR MANAGERS CHOICE BKFST	PORTIONS	263	63	393	2.52	1.89	135.0	9.67	36.36	8.66	2.51	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK, 1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
MUFFIN VARIETY (DAVE'S BAKING)	1 EACH	226	30	120	3.20	1.05	6.0	3.85	39.25	6.0	0.90	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
Weighted Daily Average		463	30	452	4.74	*9.19	*413.6	15.41	88.89	5.08	1.15	0.00
% of Calories								13.3%	76.7%	9.9%	2.2%	0.0%
Nutrient Guideline												

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

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**San Juan Unified School District**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

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	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Tue - 06/06/2017												
9-12 LAUREL RUFF BREA	Total											
YOGURT PARFAIT, LR	1 SERVING	216	8	114	1.00	0.72	200.0	7.6	38.4	2.7	0.60	0.00
LR MANAGERS CHOICE BKFST	PORTIONS	263	63	393	2.52	1.89	135.0	9.67	36.36	8.66	2.51	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 EACH	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		464	25	448	5.14	9.29	478.4	17.25	89.75	4.52	1.11	*0.00
% of Calories								14.9%	77.4%	8.8%	2.2%	*0.0%
Nutrient Guideline												

Wed - 06/07/2017												
9-12 LAUREL RUFF BREA	Total											
LR MANAGERS CHOICE BKFST	PORTIONS	263	63	393	2.52	1.89	135.0	9.67	36.36	8.66	2.51	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
CRUMB SQUARE (DAVE'S BAKING)	1 EACH	176	20	134	2.20	0.90	10.0	2.1	29.0	5.6	0.75	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
MANAGER CANNED FRUIT,VARIETY	1/2 CUP	57	0	7	1.14	*0.05	*0.0	0.0	14.29	0.0	0.00	0.00
Weighted Daily Average		451	28	456	4.49	*9.15	*414.6	14.98	86.33	4.98	1.12	0.00
% of Calories								13.3%	76.6%	9.9%	2.2%	0.0%
Nutrient Guideline												

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**San Juan Unified School District**

**May 1, 2017 thru Jun 8, 2017**

Base Menu Spreadsheet

9-12 LAUREL RUFF BREAKFAST

Portion Values - Detailed

Page 14

	Portion Size	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Iron (mg)	Calcm (mg)	Protn (g)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Thu - 06/08/2017												
9-12 LAUREL RUFF BREA	Total											
LR MANAGERS CHOICE BKFST	PORTIONS	263	63	393	2.52	1.89	135.0	9.67	36.36	8.66	2.51	0.00
FRUIT JUICE VARIETY (SUNCUP)	1 CARTON	55	0	5	0.00	0.00	0.0	0.5	13.5	0.0	0.00	0.00
MILK,1% PLAIN (BERKELEY FARMS)	1 CARTON	130	15	160	0.00	0.00	400.0	10.0	16.0	2.5	1.50	0.00
MILK, CHOC NONFAT (BRKLY FRM)	1 CARTON	120	5	190	0.00	0.00	300.0	9.0	20.0	0.0	0.00	0.00
BREAKFAST BUN OAT (SKY BLUE)	1 EACH	230	0	340	3.00	2.70	80.0	6.0	39.0	7.0	2.00	0.00
CEREAL VARIETY-PICK 2	1 BOWL (2 OZ)	213	0	257	4.33	16.80	116.7	4.67	46.0	1.83	0.00	0.00
FRUIT, FRESH VARIETY (ELEMENT)	SVG (1/2 CU	61	0	4	2.09	0.24	16.3	0.9	15.36	0.26	0.04	*0.00
Weighted Daily Average		468	23	504	5.64	9.78	448.4	16.85	89.90	5.59	1.46	*0.00
% of Calories								14.4%	76.9%	10.8%	2.8%	*0.0%
Nutrient Guideline												

Weighted Average		505	26	553	4.91	*9.49	*456.2	17.63	94.54	6.41	1.76	*0.00
								14.0%	74.9%	11.4%	3.1%	*0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	505		450 - 600	100%				
Cholesterol (mg)	26							
Sodium (mg)	553		640					
Fiber (g)	4.91							
Iron (mg)	9.49				Missing			
Calcium (mg)	456.2				Missing			
Protein (g)	17.63	13.96%						
Carbohydrate (g)	94.54	74.87%						
Total Fat (g)	6.41	11.43%						
Saturated Fat (g)	1.76	3.13%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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